



# Compagnie des Guides de Chamonix

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## MULTI-ACTIVITIES - SUMMER CAMP FOR TEENS

Duration: 5

Fitness: ▲▲▲▲▲ Technique: ▲▲▲▲▲

Price from: 1 100 €

In a stimulating and supportive environment, your teenagers will benefit from a mountain program focused on sports. Although the main outlines of the program are already defined, the daily activities are collaborative, developed in partnership with your children to grant them enough freedom while guiding them in decision-making. This summer mountain camp for teenagers consists of 3 days of trekking in the Aiguilles Rouges massif, followed by 3 days in the heart of the Mont-Blanc massif on the Glacier du Tour. It ensures your child daily physical activities and a unique high-mountain experience.

Throughout this trip, a real group cohesion will be established, allowing your child to fully experience teamwork during glacier hiking. Values such as trust, mutual assistance, encouragement, respect for others, and risk awareness will be at the core of this experience, representing a significant step towards adulthood! To meet the needs of your children, this camp is led by two mountain professionals specialized in activities with minors, complemented by two additional professionals during glacier activities. This summer camp for teenagers is suitable for both beginners and experienced athletes. Regular practice of endurance sports is necessary.

### ITINERARY

#### Day 1

##### Barberine - Vieux-Emosson hut

From the reception of the Compagnie des Guides, we join the village of Vallorcine by train. We head towards the Emosson lake, the climb is overlooked by the impressive dam arch. Arriving at the Passet pass (6299ft) we finally discover the Emosson lake and stop on its banks for a picnic. A little more effort and here we are at the Vieil Emosson hut, perched on its rock, where we spend the night.

*Positive elevation gain: 3772ft - Negative elevation gain: 984ft*

#### Day 2

##### Vieux-Emosson hut - Cheval Blanc - Refuge de Loriaz

We first go along the beautiful lake of Viel Emosson then start our climb, first passing by the dinosaur tracks, towards the summit of Cheval Blanc (9288ft) where we can admire a breathtaking view. Perhaps crossing paths with a few ptarmigans camouflaged in the scree, we then reach the Col de la Terrasse (8287ft). The refuge is in sight.

*Positive elevation gain: 3116ft - Negative elevation gain: 3444ft*

#### Day 3

##### Loriaz Refuge - Le Tour

We start our day early in the morning by descending to the Village du Buet (4429ft). From there, we take the path leading to the Col des Posettes (6551ft). From this point, the panorama of the majestic Mont Blanc massif and the Tour glacier is offered to us in all its splendor. The descent is then made by the Ardoisières towards the charming village of Le Tour (4757ft), where we spend the night. **Access to the luggage**

*Positive elevation gain: 2624ft - Negative elevation gain: 4265ft*

#### Day 4

##### Le Tour - Refuge Albert 1er

This morning, we meet the guides who will accompany us for the next two days. After taking the ski lifts to the Col du Balme, we begin the climb to the Albert 1er refuge (8871ft) located on the edge of the Tour glacier. In the afternoon, we set foot on the glacier to familiarize ourselves with the use of crampons, ice axe and rope. This day promises a total immersion in the essential preparations, adding a practical and safe dimension to our mountain adventure.

Elevation gain: 1968ft - Elevation loss: 0ft

## Day 5

### Tête blanche - Refuge Albert 1er - Le Tour

We leave the refuge with our headlamps just before sunrise! We quickly set foot on the Glacier du Tour and put on our crampons. We climb the glacier gently up to the summit of Tête Blanche (11 489ft). After enjoying the magnificent panorama of the Aiguille du Chardonnet (12 545ft) and the Glacier de Trient (10 498ft), we return to the refuge by the same route and then to the village of Le Tour. **Access to the luggage.**

Elevation gain: 2296ft - Elevation loss: 5249ft

## Day 6

### Return to Chamonix via Pierre à Bosson

Following the picturesque Petit Balcon Nord trail, we walk to the emblematic site of Pierre à Bosson, where the Argentière glacier occupied its vast expanses 150 years ago, just a few steps away. From this point of view, a real awareness is raised of the impressive glacial melting that has cut the glacier into two distinct parts over time. Continuing our hike, we reach Les Tines, where we opt for public transport to reach Chamonix and the Compagnie des Guides. The return is scheduled for 4:00 p.m.

Positive elevation gain: 1804ft - Negative elevation gain: 2952ft

## GROUP BOOKING

The collective formula associates several people who do not necessarily know each other. It allows for a planned program to benefit from an attractive price on fixed dates. This formula is ideal for people looking for the friendliness of a group.

**Dates :** See below for the group booking module

**Price 2025 :** 1100€ per person - based on a minimum of 10 participants

This price includes :

- the organization and supervision by 2 state qualified trekking guides,
- half-board accommodation in mountain huts and small gite (dormitory)
- picnic lunches
- technical gear : crampons, ice axe, helmet, harness
- transfers throughout the hike

Not included in the price :

- drinks and personal expenditure (souvenirs...)
- repatriation insurance (compulsory)

## FURTHER INFORMATION

In this section, find all the information about this activity. For further information, please contact our advisor (contact details above).

**Meeting point :** Meet at 8.30 am at the Compagnie des Guides office, 190 Place de l'Eglise, 74400 Chamonix

**Ability level : 4/5** - This teen camp includes trail and glacier hikes with a positive elevation gain ranging from 750m to 1200m, averaging 6 to 7 hours of walking per day. Participants should be athletic, capable of following instructions, and able to live independently within a group

**Physical Level 4:** For individuals who engage in regular endurance activities, positive elevation gain up to 1400m or distance up to 25km or multi-day routes with carrying personal belongings.

**Hiking Technical Level 3:** For regular hikers, capable of navigating slightly uneven mountain trails with roots or rocks.

**Mountaineering Technical Level 1:** For regular hikers wishing to discover mountaineering. The route is not very steep and is well-marked, or the activity may also take place in beginner-friendly areas.

**Itinerary:** The guide may need to adjust the itinerary based on weather conditions and/or the physical and/or technical abilities of the group

**Guiding policy :** The professionals supervising your children form a dedicated team for junior camps. The group consists of a maximum of 10 to 12 children, with two state-certified mountain guides as supervisors. High mountain guides complement the supervision for glacier activities

**Accommodation :** 5 nights in refuges in dormitories. Luggage access on day 3

**Meals :** our guiding team prepares healthy balanced meals daily, using fresh local products as much as possible. Naturally, food preferences of the children are taken into consideration.

**Documentation :**

- For teenagers between 14 and 18 years old
- Participants must also take valid ID with them.
- Participants must have sports insurance with repatriation cover. We strongly recommend that this also includes cancellation cover. You can take out insurance offering both of these types of cover when you sign up.

**Preparing for the trip :** There is an information meeting with your mountain leader the day before departure at 6pm at the Compagnie des Guides Office.

**For the attention of the legal guardian of the registered minor :** The legal guardian is aware of the sporting and risky nature of the activities offered as part of this service. Failure to comply with safety instructions and level requirements can lead to accidents.

## EQUIPMENT

Weight is a hiker's adversary, so it is crucial to carefully select your equipment as it plays a key role in ensuring the success of your trip.

**Your gear**

- A 40L backpack
- A compact and sturdy travel bag, maximum 15 kg
- A pair of top quality hiking boots**
- A pair of telescopic poles
- A hat or cap
- A warm hat
- Category 4 sunglasses
- Breathable long and short-sleeved T-shirts
- A polar fleece
- A warm down jacket
- A Gore-Tex waterproof jacket
- A rain poncho
- A hiking trouser
- Gaiters
- A Gore-Tex waterproof trouser
- A short
- A pair of thin gloves
- A pair of skiing gloves
- Hiking-appropriate socks
- A minimum 2L water bottle
- A pocketknife and a spork
- A flashlight or headlamp
- Sunscreen and lip balm
- A sleeping bag liner
- Toiletry kit, towel, earplugs, and toilet paper
- Minimal personal pharmacy: blister pads like Compeed, medications for common ailments such as diarrhea, constipation, sore throat, headaches, pain, allergies
- ID, money for personal expenses
- Flip flops for the hut
- Spare clothes as per your preference

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